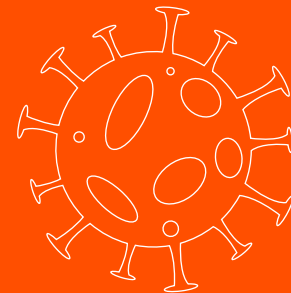


# **NACEX**

## **Health & Safety Measures for Workers in Offices and Hubs**



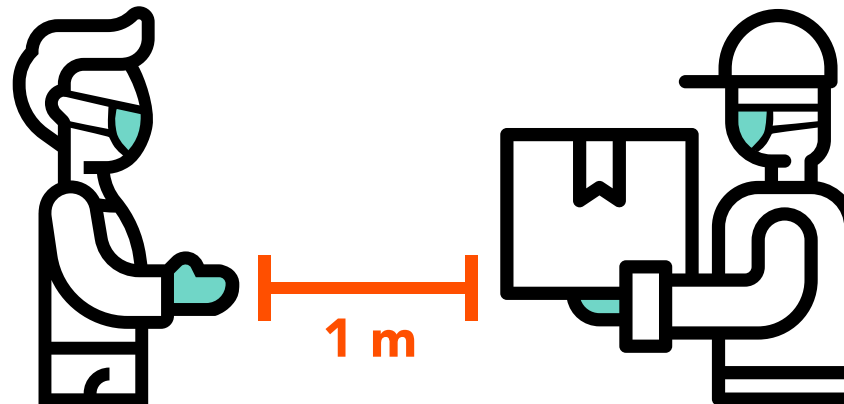
## KEEP AT THE **SAFE DISTANCE**



Your health & safety  
is the priority

### Please follow these recommendations in order to avoid infection

At **NACEX** we transport all kinds of goods and we are specialists in transport for the healthcare sector (pharmacies, hospitals, laboratories, etc.) **The priority is to follow the recommendations we provide you with in order to guarantee, now more than ever, the provision of our services and the maintenance of public health.**



Keep at a **minimum distance of one metre** with people around you, for example, when you make a pickup or delivery.



Wash your hands  
with **soap and water**  
frequently.



Use the **inside of your elbow or a tissue** in order to cover your nose and mouth when you cough or sneeze (it is recommended that you throw away the tissue afterwards.)



As far as possible, **avoid touching your eyes, nose and mouth.**

# HAND CLEANING AND DISINFECTION



Protect yourself and others

## HAND CLEANING

In order to ensure that hands are well-cleaned, the procedure should take between **40-60 seconds**



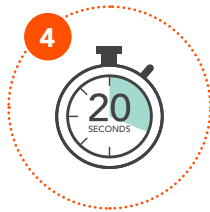
Wet your hands with water



Apply soap



Rub the palms of your hands together



Rub the palm and the back of the other hand together for at least 20 seconds



Rub the palm and the back of the other hand together, interlacing the fingers



Grip the fingers of both hands together and rub them



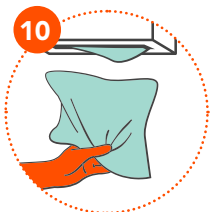
Rub the thumbs with the palm of the opposite hand



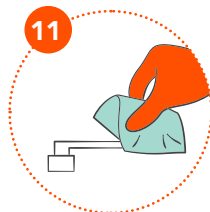
Use the fingertips to scrub the palm of the other hand



Rinse the hands with water



Dry them with a disposable towel



Use the towel to turn the tap off



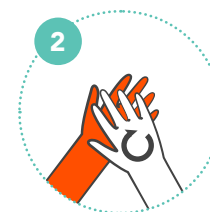
Your hands are now clean and safe

## HAND DISINFECTION

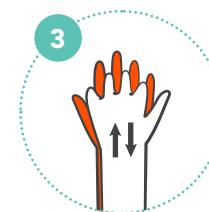
In order to ensure that hands are well-disinfected, the procedure should take between **20-30 seconds**



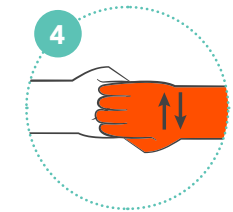
Place a sufficient amount of the product in the palm of the hand to cover everything



Rub the palms of your hands together



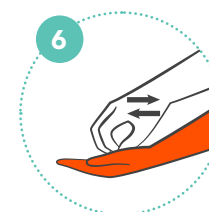
Rub the palm and the back of the other hand together, interlacing the fingers



Grip the fingers of both hands together and rub them



Rub the thumbs with the palm of the opposite hand



Use the fingertips to scrub the palm of the other hand



Once dry, your hands are now clean and safe

# USE OF PERSONAL PROTECTION EQUIPMENT (PPE)



Please check out the product offers on the **NACEX Portal** to see the list of available PPE

**NACEX** makes protective equipment available to the whole network in order to prevent infection.

## MASKS

Increase protection by using **masks** in order to avoid any form of infection



## GLOVES

For the handling of goods, we recommend that you use **disposable nitrile rubber gloves** or **chemical-resistant reusable ones** in order to be able to sanitise them



## SANITISING GEL

Use **sanitising gel** or **wipes** frequently

## VISORS



## SAFETY GLASSES



Screens | Infrared Thermometers | Surface Cleaners | Hand Sanitising Gel  
Gowns | Beard Covers | Shoe Covers | Sleeve Covers | Headgear | Paper Bed Rolls...

# SYMPTON DETECTION



Get informed via official sources in order to avoid becoming unnecessarily alarmed

If you have symptoms, **bring it to the attention of the line manager in your office/work centre.** In any case, **contact your community's emergency/healthcare centres** in order to follow their instructions.

These are the most common symptoms:

## SYMPTOMS

